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RECIPES--TYPE A SCHOOL LUNCHES

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Card No.

Card No.

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BAKED SAUERKRAUT

Vegetables J-21

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
21 lb. 5 oz.	2-1/2 gal.	Canned sauerkraut, drained (reserve liquid)	1. Fry bacon until crisp. Add onion and saute until lightly browned.
1 lb. 8 oz.	Diced bacon.....	
12 oz.	2 cups	Chopped onion....	
.....	1 qt.	Hot sauerkraut liquid	2. Blend sauerkraut liquid, sugar, and tomato paste.
1 lb.	2 cups	Sugar	3. Combine bacon and sauerkraut.
2 lb.	3-1/3 cups	Tomato paste	Add liquid and mix well.
8 oz.	2 cups	Dry bread crumbs	4. Place sauerkraut in 4 baking pans (about 12 by 20 by 2 inches), about
8 oz.	1 cup.....	Melted butter or margarine	2-3/4 quarts or 5 pounds 10 ounces per pan.
				5. Combine crumbs and butter or margarine and sprinkle over the sauerkraut mixture.
				6. Bake at 400° F. (hot) for 20 min- utes.

PORTION: About 1/2 cup--provides 1/2 cup vegetable.

ORANGE SQUASH

Vegetables J-22

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
26 lb.	3 gal. 2 cups	Mashed Hubbard squash	1. Blend the squash and salt.
.....	1-1/3 tbsp.	Salt	2. Place in 4 baking pans (about 12 by 20 by 2 inches), 3 quarts 1/2 cup or 5 pounds 6 ounces per pan.
.....	2-1/4 qt.	Orange juice	3. Combine fruit juices, grated rind, cornstarch, sugars, and butter or margarine. Cook until thickened, stirring constantly.
.....	2 tsp.	Lemon juice.....	4. Pour 3-1/3 cups or 1 pound 14 ounces of the sauce over each pan of squash.
.....	2 tbsp.....	Grated orange rind	
3 oz.	2/3 cup....	Cornstarch	
1 lb. 4 oz.	2-3/4 cups, packed	Brown sugar	
1 lb. 8 oz.	3 cups.....	Sugar	
12 oz.	1-1/2 cups	Butter or margarine	
12 oz.	3 qt.	Crushed corn-flakes	5. Top with cornflakes, 3 cups or 3 ounces per pan.
				6. Bake at 400° F. (hot) 15 minutes or until cornflakes are brown.

PORTION: 1/2 cup--provides 1/2 cup vegetable.

VARIATION

1. ORANGE SWEETPOTATOES: Use 28 pounds (3 gallons 2 cups) mashed sweetpotatoes in place of squash. One portion provides 1/2 cup vegetable.

OCEAN PERCH-TOMATO SOUP--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Ocean Perch-Tomato Soup	Ocean Perch-Tomato Soup	
Grilled Cheese Sandwich	Asparagus Salad	
Cole Slaw	Lemon Refrigerator Dessert	
Raisin Cooky	Poppy Seed Roll	
Butter or Margarine	Butter or Margarine	
1/2 Pint Milk	1/2 Pint Milk	

OCEAN PERCH-TOMATO SOUP

Soups (protein-rich) I-7

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
10 lb.	Ocean perch fillets (fresh or frozen)	1. Thaw frozen fillets. Cut into 1-inch pieces.
1 lb. 8 oz. 3 lb. 2 lb. 2 qt. 2 qt.	Diced bacon..... Chopped onion.... Chopped celery...	2. Fry bacon until crisp. Add onion and celery and cook until tender.
..... 15 lb.	1-1/2 gal. 2 gal. 2-3/4 gal.	Water Tomato juice..... Diced raw potatoes Salt, to taste.....	3. Add water, tomato juice, potatoes, and fish. Cook until potatoes are tender. Add salt to taste. 4. Serve, using an 8-ounce ladle (1 cup).

PORTION: 1 cup--provides 1 ounce cooked fish and 1/2 cup vegetable.

VARIATIONS

1. COD-TOMATO SOUP: Use 10 pounds cod fillets in place of ocean perch fillets. One portion provides 1 ounce cooked fish and 1/2 cup vegetable.
2. HADDOCK-TOMATO SOUP: Use 10 pounds haddock fillets in place of ocean perch fillets. One portion provides 1 ounce cooked fish and 1/2 cup vegetable.
3. POLLOCK-TOMATO SOUP: Use 10 pounds pollock fillets in place of ocean perch fillets. One portion provides 1 ounce cooked fish and 1/2 cup vegetable.
4. WHITING-TOMATO SOUP: Use 10 pounds whiting fillets in place of ocean perch fillets. One portion provides 1 ounce cooked fish and 1/2 cup vegetable.

(over)

CREAM OF POTATO SOUP

Soups I-6

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
16 lb.	2 gal.	Chopped raw potatoes	1. Cook potatoes in boiling salted water until tender. Drain and save potato water.
.....	2 gal.	Boiling water	
4 oz.	1/2 cup....	Salt	
.....	4 gal.	Potato water and milk	2. Add enough milk to potato water to make 4 gallons. Heat.
1 lb.	2 cups.....	Butter or margarine	3. Melt butter or margarine.
6 oz.	1 cup.....	Chopped onion....	4. Add onion, and cook until transparent but not brown. Blend in the flour and stir into the hot liquid. Cook until thickened, stirring constantly.
8 oz.	2 cups, sifted	All-purpose flour	
4 oz.	1 qt.	Chopped parsley...	5. Add potatoes and parsley. Reheat.

PORTION: 1 cup--provides 1/4 cup vegetable.

VARIATIONS

1. APPLEDORE SOUP: Add 3 quarts tomato catsup before the final heating. One portion provides 1/4 cup vegetable.
2. CREAM OF CELERY SOUP: Use 11 pounds 4 ounces (2 gallons 3-1/4 quarts) chopped celery in place of potatoes. One portion provides 1/4 cup vegetable.

TARTAR SAUCE

Sauces and Gravies H-11

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
2 lb.	1 qt.	Mayonnaise (card F-3)	1. Combine all ingredients and chill.
4-1/2 oz.	3/4 cup ...	Chopped onion	
3-3/4 oz.	3/4 cup ...	Chopped sweet pickle	
3/4 oz.	3/4 cup ...	Chopped parsley	
3-3/4 oz.	3/4 cup ...	Chopped olives	

YIELD: 1-1/2 quarts.

PORTION: Approximately 1 tablespoon.

QUICK TARTAR SAUCE

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
2 lb.	1 qt.	Mayonnaise (card F-3)	1. Combine mayonnaise and sweet pickle relish. Chill.
1 lb. 4 oz.	2 cups	Sweet pickle relish, undrained	

YIELD: 1-1/2 quarts.

PORTION: Approximately 1 tablespoon.

PEANUT BUTTER AND DRIED BEEF SANDWICH FILLING--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Peanut Butter and Dried Beef Sandwich	Peanut Butter and Dried Beef Sandwich	
Orange Juice	Tomato Soup	
Waldorf Salad	Cheese-Apple Crisp	
Baked Caramel Custard	Butter or Margarine	
Butter or Margarine	1/2 Pint Milk	
1/2 Pint Milk		

PEANUT BUTTER AND DRIED BEEF
SANDWICH FILLING

Sandwiches (protein-rich) G-13

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	3 qt.	Boiling water....	1. Pour boiling water over dried beef. Drain and chop.
2 lb. 2 oz.	Dried beef	
5 lb. 12 oz.	2-1/2 qt.	Peanut butter....	2. Combine peanut butter, mayonnaise, and mustard with the dried beef. Mix well.
1 lb. 14 oz.	3-3/4 cups	Mayonnaise (card F-3)	3. Portion with a No. 24 scoop (2-2/3 tablespoons).
3 oz.	1/3 cup ...	Prepared mustard	4. To prepare sandwiches see card G-1.

PORTION: 1 No. 24 scoop--provides the equivalent of 1 ounce protein-rich food.

(over)

FISH STICK BURGERS--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Fish Stick Burgers	Fish Stick Burgers	
Hot Potato Salad	Orange Squash	
Sliced Tomatoes with Green Pepper Rings	Tossed Green Salad with Raw Cauliflower	
Tropical Sherbert	Butter or Margarine	
Butter or Margarine	1/2 Pint Milk	
1/2 Pint Milk		

FISH STICK BURGERS

Sandwiches (protein-rich) G-12

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
18 lb. 12 oz.	300.....	Precooked frozen fish sticks	1. Place frozen fish sticks in a single layer in well-greased baking pans. 2. Bake at 400° F. (hot) about 15 to 20 minutes or until heated through and crisp.
1 lb.	2 cups....	Butter or margarine	3. Spread butter or margarine on buns. Heat buns.
.....	1-1/2 qt.	Tartar sauce (card H-11)	4. Place three fish sticks on bottom half of each bun.
.....	100	Round buns.....	Top with approximately 1 tablespoon Tartar sauce and top half of bun.

PORTION: 1 sandwich--provides 2 ounces cooked fish.

VARIATION

1. FISH BURGERS: Use 18 pounds 12 ounces precooked frozen breaded portion fish in place of precooked frozen fish sticks. Bake at 400° F. (hot) for 20 to 25 minutes. One portion provides 2 ounces cooked fish. (over)

JELLIED APPLESAUCE SALAD

Salads E-23

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
3 lb.	2 qt.	Lemon-flavored gelatin	1. Dissolve flavored and unflavored gelatin in hot water. Chill until mixture begins to thicken.
1 oz.	3 tbsp	Unflavored gelatin	
.....	2 qt.	Hot water	
15 lb.	1 gal. 2-3/4 qt.	Applesauce.....	2. Add fruits and celery.
4 lb. 8 oz.	2 qt.	Crushed pine-apple, undrained	3. Pour into pans to the depth of 1 inch. Chill until set.
2 lb. 8 oz.	1 qt. 2-1/2 cups	Seedless grapes, halved	4. Cut and serve on lettuce or other salad greens.
2 lb.	2 qt.	Chopped celery..	

PORTION: 1 piece (2-1/2 by 2-3/4 inches)--provides 1/2 cup fruit and vegetable.

HAM-SWISS CHEESE SALAD--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Ham-Swiss Cheese Salad	Ham-Swiss Cheese Salad	
Cream of Tomato Soup	Steamed Cabbage Wedges	
Apple Dumpling	Cranberry Crunch	
French Bread	Whole Wheat Roll	
Butter or Margarine	Butter or Margarine	
1/2 Pint Milk	1/2 Pint Milk	

HAM-SWISS CHEESE SALAD

Salads (protein-rich) E-22

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
7 lb. 8 oz.	1-1/2 gal.	Diced cooked lean smoked ham	1. Combine all ingredients and mix thoroughly. Chill. 2. Portion with a No. 8 scoop (1/2 cup).
5 lb.	1 gal.	Diced Swiss cheese	
4 lb. 8 oz.	3 qt.	Cooked rice (card B-12 or B-13)	
3 lb.	3 qt.	Diced celery	
.....	2 tbsp. ...	Chopped onion....	
1 oz.	2 tbsp. ...	Salt	
1 lb. 5 oz.	2-2/3 cups	Mayonnaise (card F-3)	
.....	1 tbsp. ...	Prepared mustard	
.....	1-1/3 cups	Lemon juice.....	

PORTION: About 1/2 cup--provides the equivalent of 2 ounces protein-rich food.

VARIATION

1. HAM-CHEESE SALAD: Use 5 pounds (1 gallon) diced American cheese in place of diced Swiss cheese; or use equal amounts (6 pounds 4 ounces each) ham and cheese. One portion provides the equivalent of 2 ounces protein-rich food.

(over)

TUNA WIGGLE--Continued

VARIATIONS

1. FISH FLAKE WIGGLE: Use 15 cans (14 ounces each) fish flakes in place of tuna. One portion provides 2 ounces cooked fish and 1/4 cup vegetable.
2. FLAKED FISH WIGGLE: Use 12 pounds 8 ounces flaked cooked fish in place of tuna. One portion provides 2 ounces cooked fish and 1/4 cup vegetable.
3. SALMON WIGGLE: Use 16 cans (16 ounces each) salmon, drained, in place of tuna. One portion provides 2 ounces cooked fish and 1/4 cup vegetable.
4. SHRIMP WIGGLE: Use 12 pounds 8 ounces cooked, peeled, and cleaned shrimp in place of tuna. One portion provides 2 ounces cooked fish and 1/4 cup vegetable.

SUGGESTED MENU

Menu 1	Menu 2	Menu 3 School's Favorite
Tuna Wiggle	Tuna Wiggle	
Tossed Green Salad with Tomatoes	Broccoli	
Prune Crunch	Jellied Applesauce Salad	
Biscuit	Crispy Cornbread	
Butter or Margarine	Butter or Margarine	
1/2 Pint Milk	1/2 Pint Milk	

TUNA WIGGLE

Main Dishes (protein-rich) D-76

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	34 cans (6-1/2 or 7 oz. each)	Tuna	1. Drain tuna. Flake.
12 oz.	1-1/2 cups	Butter or margarine	2. Melt butter or margarine; add onion and cook until tender. Blend in flour and salt. Stir into milk. Cook until thickened, stirring constantly.
12 oz.	2 cups	Chopped onion	
1 lb. 4 oz.	1-1/4 qt., sifted	All-purpose flour	
2-1/2 oz. .	1/3 cup....	Salt	
.....	2-1/2 gal.	Hot milk	
9 lb. 10 oz.	1-1/2 gal.	Cooked green peas, drained	3. Add peas and tuna to the sauce. Heat. 4. Serve on split biscuit, toasted bun, or cornbread, using a No. 6 scoop (2/3 cup).

PORTION: 2/3 cup--provides 2 ounces cooked fish and 1/4 cup vegetable.

(over)

PIGS IN BLANKETS--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Pigs in Blankets	Pigs in Blankets	
Green Peas	Cream of Potato Soup	
Tomato Aspic on Cress	Celery and Carrot Sticks	
Chocolate Cream Pie	Orange	
Roll	Roll	
Butter or Margarine	Butter or Margarine	
1/2 Pint Milk	1/2 Pint Milk	

PIGS IN BLANKETS

Main Dishes (protein-rich) D-75

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	8 cakes ... or 8 packages	Compressed yeast or Active dry yeast..	1. Prepare dough (card B-17). Follow directions given for Step 1 through Step 5.
.....	2 qt. 1/2 cup	Lukewarm water..	2. Punch down. Divide dough into 2-ounce balls.
About 7 lb. 4 oz.	About 7-1/4 qt., sifted	All-purpose flour	
7 oz.	1-3/4 cups	Nonfat dry milk...	
8 oz.	1 cup.....	Sugar.....	
1-3/4 oz.	3-2/3 tbsp.	Salt	
8 oz.	1 cup.....	Melted shortening	
12 lb. 8 oz.	100.....	Frankfurters	3. Roll out the 2-ounce balls and wrap one piece of dough around each frankfurter. Pinch edges of dough together to seal. 4. Place on greased sheet pans and let rise in a warm place until almost doubled in volume (about 30 minutes). 5. Bake at 400° F. (hot) 14 minutes.

PORTION: 1 roll--provides 2 ounces cooked lean meat.

(over)

OVEN-FRIED LIVER--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Oven-Fried Liver	Oven-Fried Liver	
Steamed Potato in Jacket	Corn O'Brien	
Tossed Green Salad with Spinach	Orange and Grapefruit Salad	
Raisin Cookies	Creamy Rice Pudding	
Rye Bread	Bread	
Butter or Margarine	Butter or Margarine	
1/2 Pint Milk	1/2 Pint Milk	

OVEN-FRIED LIVER

Main Dishes (protein-rich) D-74

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
18 lb.	100 slices (about 3 oz. each)	Beef liver.....	1. Skin liver and roll it in the flour and salt which have been sifted together.
1 lb. 4 oz.	1-1/4 qt., sifted	All-purpose flour	
1 oz.	2 tbsp. ...	Salt	
1 lb.	2 cups	Melted fat or oil	2. Place on greased baking sheets (16 by 25 by 1 inch). 3. Pour fat or oil over liver and bake at 400° F. (hot) 15 minutes.

PORTION: 1 slice--provides 2 ounces cooked lean meat.

(over)

HOPPING JOHN--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Hopping John	Hopping John	
Cole Slaw	Kale or Other Greens	
Cheese-Apple Crisp	Turnip Sticks	
Cornbread	Peanut Butter-Raisin Cookies	
Butter or Margarine	Bread	
1/2 Pint Milk	Butter or Margarine	
	1/2 Pint Milk	

HOPPING JOHN

Main Dishes (protein-rich) D-73

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
6 lb.	1 gal.	Dry blackeye peas	1. Sort and wash peas. Bring water to boiling and add peas and salt. Boil 2 minutes; remove from the heat and let soak 1 hour. If more convenient, soak peas over night after the 2-minute boil.
.....	1-3/4 gal.	Water	
1 oz.	2 tbsp. ...	Salt	
3 lb.	Bacon, cut in 1-inch pieces	2. Cook bacon until crisp. Add green pepper and cook slightly.
7 oz.	1-3/4 cups	Chopped green pepper	3. Add bacon mixture and salt to the peas. Cook until peas are tender, about 25 minutes.
1-1/4 oz.	2-2/3 tbsp.	Salt	
3 lb. 12 oz.	2-1/2 qt.	Cooked rice (card B-12 or B-13)	4. Combine rice with peas. 5. Simmer until mixture is thickened.

PORTION: 1/2 cup--provides about 1/4 cup cooked dry peas.

(over)

FISH FLAKE SHORTCAKE--Continued

VARIATIONS

1. PACIFIC SARDINE SHORTCAKE: Use 14 cans (15 ounces each) Pacific sardines, drained, in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.
2. SALMON SHORTCAKE: Use 12 cans (16 ounces each) salmon, drained, in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.
3. SHRIMP SHORTCAKE: Use 9 pounds 8 ounces cooked, peeled, and cleaned shrimp in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.
4. TUNA SHORTCAKE: Use 26 cans (6-1/2 or 7 ounces each) tuna, drained, in place of canned fish flakes. One portion provides the equivalent of 2 ounces protein-rich food.

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Fish Flake Shortcake	Fish Flake Shortcake	
Green Beans	Grapefruit Juice	
Raw Cauliflower	New Beets and Greens	
Pear or Other Fruit	Carrot Sticks	
Biscuit	Toasted Bun	
Butter or Margarine	Butter or Margarine	
1/2 Pint Milk	1/2 Pint Milk	

FISH FLAKE SHORTCAKE

Main Dishes (protein-rich) D-72

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	11 cans (14 oz. each)	Fish flakes	1. Separate fish flakes.
12 oz.	1-1/2 cups	Butter or margarine	2. Melt butter or margarine; add onion and cook until tender. Blend in flour. Stir into milk. Cook until thickened, stirring constantly. Add cheese and blend well.
12 oz.	2 cups	Chopped onion	
1 lb. 4 oz.	1-1/4 qt., sifted	All-purpose flour	
.....	1-3/4 gal.	Hot milk	3. Blend fish flakes into the sauce.
1 lb. 8 oz.	1-1/2 qt.	Grated cheese	Add salt to taste. Heat.
.....	Salt, to taste	
.....	12	Hard-cooked eggs, sliced	4. Serve on split biscuit, toasted bun, or cornbread, using a 4-ounce ladle (1/2 cup). Garnish with a slice of egg.

PORTION: 1/2 cup--provides the equivalent of 2 ounces protein-rich food.

(over)

BRAISED SHORT RIBS--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Braised Short Ribs	Braised Short Ribs	
Green Asparagus	Sliced Tomatoes with Green Pepper Rings	
Steamed Rice	Parsley Potatoes	
Tangerine or Other Fruit	Sugar Cooky	
Hard Roll	Bread	
Butter or Margarine	Butter or Margarine	
1/2 Pint Milk	1/2 Pint Milk	

BRAISED SHORT RIBS

Main Dishes (protein-rich) D-71

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
50 lb.	200 pieces (4 oz. each)	Short ribs.....	1. Roll short ribs in flour and salt which have been sifted together. Place in 4 baking pans (about 12 by 20 by 2 inches).
12 oz.	3 cups, sifted	All-purpose flour	2. Add water, cover pans, and bake at 350° F. (moderate) 2 hours. Remove cover and bake 30 minutes longer, or until meat is tender and brown.
1-1/4 oz.	2-2/3 tbsp.	Salt	
.....	1-1/2 qt.	Water	

PORTION: 2 pieces (about 5-3/4 ounces cooked)--provides 2 ounces cooked lean meat.

(over)

BEAN CASSEROLE--Continued

SUGGESTED MENUS

Menu 1	Menu 2	Menu 3 School's Favorite
Bean Casserole	Bean Casserole	
Brussels Sprouts	Tossed Green Salad with Spinach	
Carrot Strips	Apricot Crisp	
Cherry Pie	Whole Wheat Bread	
Cornmeal Muffin	Butter or Margarine	
Butter or Margarine	1/2 Pint Milk	
1/2 Pint Milk		

BEAN CASSEROLE

Main Dishes (protein-rich) D-70

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
6 lb.	3-3/4 qt.	Large dry lima beans	1. Soak and cook beans (card D-1). Drain; reserve the liquid.
.....	2 gal.	Water	
2 oz.	1/4 cup...	Salt	
7 lb. 8 oz.	Ground beef.....	2. Combine beef, onion, and salt. Brown in oven at 400° F. (hot) for 20 minutes.
2 lb. 8 oz.	1 qt. 2-2/3 cups	Chopped onion	
2-1/2 oz.	1/3 cup...	Salt	
5 lb. 8 oz.	2-1/2 qt.	Condensed tomato soup	3. Combine beef mixture, beans, Worcestershire sauce, tomato soup, and bean liquid.
.....	1/4 cup...	Worcestershire sauce	4. Pour mixture into 4 baking pans (about 12 by 20 by 2 inches), about 3-1/2 quarts or 7 pounds 10 ounces per pan.
.....	1 qt.	Bean liquid	5. Bake at 400° F. (hot) about 30 minutes or until mixture is thickened.

PORTION: 1/2 cup--provides the equivalent of 2 ounces protein-rich food.

(over)

With

Nuts

1

Menu 3
School's Favorite

pork neck bones, cut in pieces about 7
ounces, provides 2 ounces cooked lean meat.

nued

VARIATION

ONES: Use 45 pounds pork neck bones, cut in pieces about 7
ribs. One portion provides 2 ounces cooked lean meat.

SUGGESTED MENUS

Menu 2

Barbecued Spareribs
Whole Kernel Corn
Tossed Green Salad with
Tomatoes

Menu 3
School's Favorite

Tapioca Pudding

Bread

Butter or Margarine

1/2 Pint Milk

BARBECUED SPARERIBS

Main Dishes (protein-rich) D-69

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
45 lb.	100 pieces (about 7 oz. each)	Spareribs	1. Place ribs in pans and cover. 2. Bake at 350° F. (moderate) for 1-1/2 hours, or until tender.
2 lb.	1-1/2 qt. ...	Chopped onion....	3. Cook vegetables in butter or margarine for 5 minutes.
12 oz.	2-1/4 cups	Chopped green pepper	
12 oz.	3 cups	Chopped celery...	
8 oz.	1 cup	Butter or marga- rine	
8 oz.	1 cup	Sugar	4. Add remaining ingredients and simmer 10 minutes.
.....	1 cup	Vinegar	5. Pour 1/4 cup sauce over each portion of meat. Bake uncovered at 350° F. (moderate) for 30 minutes.
.....	1-1/4 cups	Lemon juice	
.....	2 qt.	Tomato catsup....	
.....	1/2 cup	Worcestershire sauce	
.....	3 tbsp.	Powdered dry mustard	
.....	1 qt.	Water	

PORTION: 1 piece (about 6 ounces cooked)--provides 2 ounces cooked lean meat.

(over)



TROPICAL SHERBERT

Fruits and Other Desserts C-41

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
4 oz.	3/4 cup... 1/2 cup...	Unflavored gelatin Cold water.....	1. Soften gelatin in cold water.
4 lb.	2 qt. 3-1/2 cups	Sugar Boiling water....	2. Combine sugar and boiling water and heat until sugar is dissolved. 3. Add gelatin to the hot sirup and stir until dissolved. Cool.
..... 3 lb. 9-1/2 oz. 9-3/4 oz. 1 lb. 10 oz.	3 tbsp. 1-1/4 qt. 1 cup.... 1 cup.... 1 qt. 2-1/2 cups 1 gal. 2- 1/2 qt.	Lemon juice Orange concen - trate Apricot puree ... Mashed bananas Nonfat dry milk.. Cold water.....	4. Mix fruits with dry milk and water. Beat to blend. 5. Stir sirup mixture into fruit mixture. (Makes 3-1/4 gallons mix.) 6. Pour mixture into freezer can. (Fill only 2/3 full to allow for expansion.) 7. Freeze, using 9 gallons chipped ice and 2-1/4 quarts ice cream salt. (16 parts chipped ice to 1 part ice cream salt by measure.)

PORTION: 1/2 cup.

PUMPKIN CUSTARD

Fruits and Other Desserts C-40

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
10 lb.	1 gal. 2-1/4 cups	Mashed cooked pumpkin	1. Heat pumpkin in the milk.
.....	1 gal. 2 cups	Hot milk.....	
.....	1-3/4 qt. (36)	Eggs, beaten.....	2. Blend eggs, sugars, flour, salt, and spices.
3 lb.	1-1/2 qt.	Sugar.....	3. Pour pumpkin mixture into egg mix- ture and mix well.
2 lb. 8 oz.	1 qt. 1-1/2 cups, packed	Brown sugar	4. Pour into 4 baking pans (about 12 by 20 by 2 inches), about 3 quarts 1/2 cup or 7 pounds 2 ounces per pan.
6 oz.	1-1/2 cups, sifted	All-purpose flour	5. Bake at 325° F. (slow) 45 minutes or until custard is set.
1 oz.	2 tbsp. ...	Salt	
1/2 oz.	2 tbsp. ...	Cinnamon.....	
1/4 oz.	1 tbsp. ...	Nutmeg	
.....	1-1/3 tbsp.	Allspice	

PORTION: 1 piece (2-1/2 by 2-3/4 inches).

VARIATION

1. PUMPKIN PIE: Pour mixture into 15 unbaked 9-inch pie shells (card C-20), about 3-1/4 cups or 1 pound 14 ounces per shell. Bake at 375° F. (moderate) about 40 minutes or until custard is set. Portion: 1/7 pie.

CRANBERRY CRUNCH

Fruits and Other Desserts C-39

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
4 lb.	2 qt.	Sugar.....	1. Boil sugar and water for 5 minutes.
.....	2 qt.	Water	2. Add cranberries and boil 5 minutes
4 lb.	1 gal. ...	Whole cranberries	longer. Remove from heat. Cool.
7 lb.	1 gal. 2 cups	Chopped unpeeled apples	3. Stir apples into cranberry sauce. Pour mixture into 2 pans (about 12 by 20 by 2 inches), 3 quarts or 6 pounds 14 ounces per pan.
1 lb. 12 oz. 12 oz.	1-3/4 qt. 3 cups, sifted	Rolled oats All-purpose flour	4. Combine oats, flour, sugar, and butter or margarine and mix until crumbly.
2 lb. 4 oz.	1-1/4 qt., packed	Brown sugar	5. Sprinkle one half of the mixture (about 2 quarts or 3 pounds) over each pan of apple-cranberry mixture.
1 lb. 8 oz.	3 cups ...	Melted butter or margarine	6. Bake at 350° F. (moderate) 1 hour.

PORTION: 1 piece (2-1/2 by 2 inches)--provides 1/4 cup fruit.

CHOCOLATE PUDDING

CHOCOLATE PUDDING MIX

Fruits and Other Desserts C-38

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
3 lb.	1-1/2 qt. ...	Sugar.....	1. Sift ingredients together 3 times or blend 10 minutes in mixer on low speed, using the whip.
2 lb. 8 oz.	2-1/2 qt. ...	Nonfat dry milk	2. Store in a tightly covered container in a cool place until needed.
1 lb. 4 oz.	1-1/4 qt. ...	All-purpose flour	
.....	1-1/3 tbsp.	Salt	YIELD: 7 pounds 8 ounces
12 oz.	3 cups	Cocoa	(1 gallon 1-1/4 quarts).

CHOCOLATE PUDDING (using chocolate pudding mix)

7 lb. 8 oz.	1 gal. 1-1/4 qt.	Pudding mix.....	3. Combine pudding mix with water in top of double boiler. Cook over hot water until thickened, stirring constantly.
.....	2-1/2 gal.	Warm water.....	4. Beat about 1 quart of hot mixture into the eggs; then blend this slowly into remaining hot mixture.
.....	2 cups (10)	Eggs, beaten....	5. Cook over hot water about 5 minutes, stirring constantly. Add butter or margarine. Remove from heat. Add vanilla. Blend well and cool.
12 oz. ...	1-1/2 cups	Butter or mar- garine	
.....	2 tbsp.	Vanilla	

PORTION: 1/2 cup.

VARIATION

1. CARAMEL PUDDING: Use 3 pounds 10 ounces (2 quarts, packed) brown sugar in place of granulated sugar. Omit cocoa.

APRICOT-RICE PUDDING

Fruits and Other Desserts C-37

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
4 lb. 2 oz. 3 lb.	About 3 qt. 3-3/4 qt. 1-1/2 qt.	Dried apricots... Water Sugar.....	<ol style="list-style-type: none"> Simmer apricots in water until tender (20 to 40 minutes). Drain the fruit and save the juice. Chop apricots, mix with sugar, and let stand for 10 minutes.
..... 6 lb. 1/2 oz.	1 gal. 1 gal. 1 tbsp. ... 1 qt. (20)	Apricot juice and milk Cooked rice (card B-12 or B-13) Salt Eggs, beaten...	<ol style="list-style-type: none"> Combine all ingredients. Pour into 4 baking pans (about 12 by 20 by 2 inches), about 2-3/4 quarts or 6 pounds 8 ounces per pan. Bake at 325° F. (slow) for 25 minutes or until the pudding is firm.

PORTION: 1/2 cup--provides 1/4 cup fruit.

FRENCH BREAD

Breads and Cereal Products B-15

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	10 cakes... or 10 packages	Compressed yeast or Active dry yeast..	<u>Mixer Method</u> (To mix by hand see note, card B-11.)
.....	3 qt. 1/2 cup	Lukewarm water..	1. Add yeast to lukewarm water in a 10- to 15-quart bowl. Stir after 10 minutes.
About 11 1 lb. 4 oz.	About 2 gal. 3-1/4 qt., sifted	All-purpose flour	2. Sift dry ingredients, saving out 1 quart of flour. Add dry ingredients with shortening to yeast mixture.
6 oz.	3/4 cup ...	Sugar.....	3. Mix 15 to 20 minutes at low speed, using dough hook, until dough is smooth and elastic and leaves sides of the bowl. If after 2 minutes of mixing the dough is still sticky, add enough saved-out flour to form a soft dough.
2 oz.	1/4 cup ...	Salt	4. Form dough into a smooth ball. Place in a greased bowl and turn dough to grease top.
5 oz.	2/3 cup ...	Shortening	5. Cover and let rise in a warm place (about 85° F.) until increased 2 to 3 times in volume (about 1-1/4 hours).

(over)

FRENCH BREAD--Continued

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
				<p>6. Punch down. Cut into 10 portions (1 pound 13 ounces). Cover and let rest on table top for about 10 minutes.</p> <p>7. Roll each piece of dough into a 12-by 15-inch rectangle. Roll dough up tightly as for jelly roll; seal well. Place on greased sheet pans.</p> <p>8. Let rise in a warm place (about 85° F.) until increased 2 to 2-1/2 times in volume (about 1-1/2 hours).</p>
.....	1/4 cup (2)	Egg whites, slightly beaten	9. Mix egg white and water.
.....	2 tbsp.	Water.....	<p>10. Using scissors, cut a slit in each loaf every 2-1/2 inches. Brush each loaf with egg white mixture.</p> <p>11. Bake at 400° F. (hot) 25 minutes.</p> <p>12. Slice in 10 pieces (half-way through the loaf), brush each slice with melted butter. Reheat loaf in oven at 400° F. (hot) for 10 minutes. Serve hot.</p>

YIELD: 10 loaves, 1-pound 9-ounces each.

PORTION: 1 slice.

FRUIT-NUT BREAD

Breads and Cereal Products B-16

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
1 lb.	3 cups	Dried apricots....	1. Soak apricots and raisins in hot water for 30 minutes. Drain and save liquid for later use. Chop fruit fine in food chopper.
1 lb.	3 cups	Raisins	
.....	1-1/2 qt. ..	Hot water	
.....	1 tbsp. ...	Orange rind, grated	2. Add orange rind, juice, and drained liquid to chopped fruit.
.....	1-1/2 cups	Orange juice	
2 lb. 4 oz.	4-1/2 cups	Sugar.....	3. Stir sugar, shortening, and eggs into the fruit mixture. Blend thoroughly.
6 oz.	3/4 cup ...	Shortening	
.....	1 cup (5) ..	Eggs, beaten.....	
3 lb. 12 oz.	3-3/4 qt., sifted	All-purpose flour	4. Sift together the flour, salt, baking powder, and soda. Combine with the fruit mixture.
.....	1-1/2 tsp.	Salt	5. Add nuts and blend well.
3 oz.	1/2 cup ...	Baking powder....	6. Pour into 6 greased loaf pans (10 by 4 inches), 1 quart or 2 pounds 5 ounces per pan.
.....	2 tbsp. ...	Soda	7. Bake at 350° F. (moderate) for 1 hour.
1 lb.	1 qt.	Chopped nuts	

YIELD: 6 loaves, 2-pounds 3-ounces each.

PORTION: 2 slices.

PORTION: 1 slice.

HAMBURGER ROLLS--Continued

100 Portions		Ingredients	For ____ Portions	Directions
Weights	Measures			
				<p>6. Punch down. Divide dough into 2-ounce balls. Roll or shape into flat rolls 3 inches in diameter. (See note.)</p> <p>7. Place on greased sheet pans and let rise in a warm place (about 85° F.) until almost doubled in volume (about 30 minutes).</p> <p>8. Bake at 400° F. (hot) 12 minutes.</p>

PORTION: 1 roll.

Note: Rolls may be placed on greased sheet pan and shaped by placing another sheet pan on top to flatten. Remove top pan and place rolls in warm place to rise.

HAMBURGER ROLLS

Breads and Cereal Products B-17

100 Portions		Ingredients	For _____ Portions	Directions
Weights	Measures			
.....	8 cakes ... or 8 packages	Compressed yeast or Active dry yeast	<u>Mixer Method</u> (To mix by hand see note, card B-11.)
.....	2 qt. 1/2 cup	Lukewarm water	1. Add yeast to lukewarm water in a 10- to 15-quart bowl. Stir after 10 minutes.
About 7 lb. 4 oz.	About 7- 1/4 qt., sifted	All-purpose flour	2. Sift dry ingredients, saving out 1 quart of flour. Add dry ingredients with shortening to yeast mixture.
7 oz.	1-3/4 cups	Nonfat dry milk	3. Mix 15 to 20 minutes at low speed, using the dough hook, until dough is smooth and elastic and leaves sides of the bowl. If after 2 minutes of mixing the dough is still sticky, add enough saved-out flour to form a soft dough.
8 oz.	1 cup	Sugar.....	4. Form dough into a ball. Place in a greased bowl and turn dough to grease top.
1-3/4 oz.	3-2/3 tbsp.	Salt	5. Cover and let rise in a warm place (about 85° F.) until increased 2 to 3 times in volume (about 1-1/4 hours).
8 oz.	1 cup	Melted shortening	

(over)